

Questions to answer throughout the day:

- What is the market doing?
- What is the market trying to do?
- How well is it getting it done?

06:30:16 AM **-3.41 :1 NYSE** **-1.25 :1 NASD** 1655.75 | 1655.75 | 275,827 | 0.754

Elephant Stomps/TINYS

06:34 Ben: SEP S&P opening range 1655.50-1655.30

07:01:48 AM **1.45 :1 NYSE** **1.48 :1 NASD** 1657.00 | 509,193 | 1.18

No Solid Signals either way right now. All that is good right now is SCALP trading, and that I have yet to get to where I'm not the one getting the scalping.

08:00:40 AM **1.01 :1 NYSE** **2.51 :1 NASD** 1660.25 | 756,362 | 1.13

Locals SS/ Paper JPM buying AM pressure to locals

08:30:21 AM Strong reversal on ST no confirm on LT Chart.

09:00:56 AM **1.05 :1 NYSE** **1.9 :1 NASD** 1658.75 | 946,297 | 0.955

10:01:10 AM **-1.51 :1 NYSE** **1.48 :1 NASD** 1655.00 | 1,076,66 | 0.866

11:01:15 AM **2.06 :1 NYSE** **1.07 :1 NASD** 1653.00 | 1,265,76 | 0.903

12:05:49 PM **-1.72 :1 NYSE** **1.11 :1 NASD** 1655.75 | 1,453,71 | 0.938

01:27:07 PM **2.07 :1 NYSE** **-1.08 :1 NASD** 1651.00 | 1,726,21 | 0.958

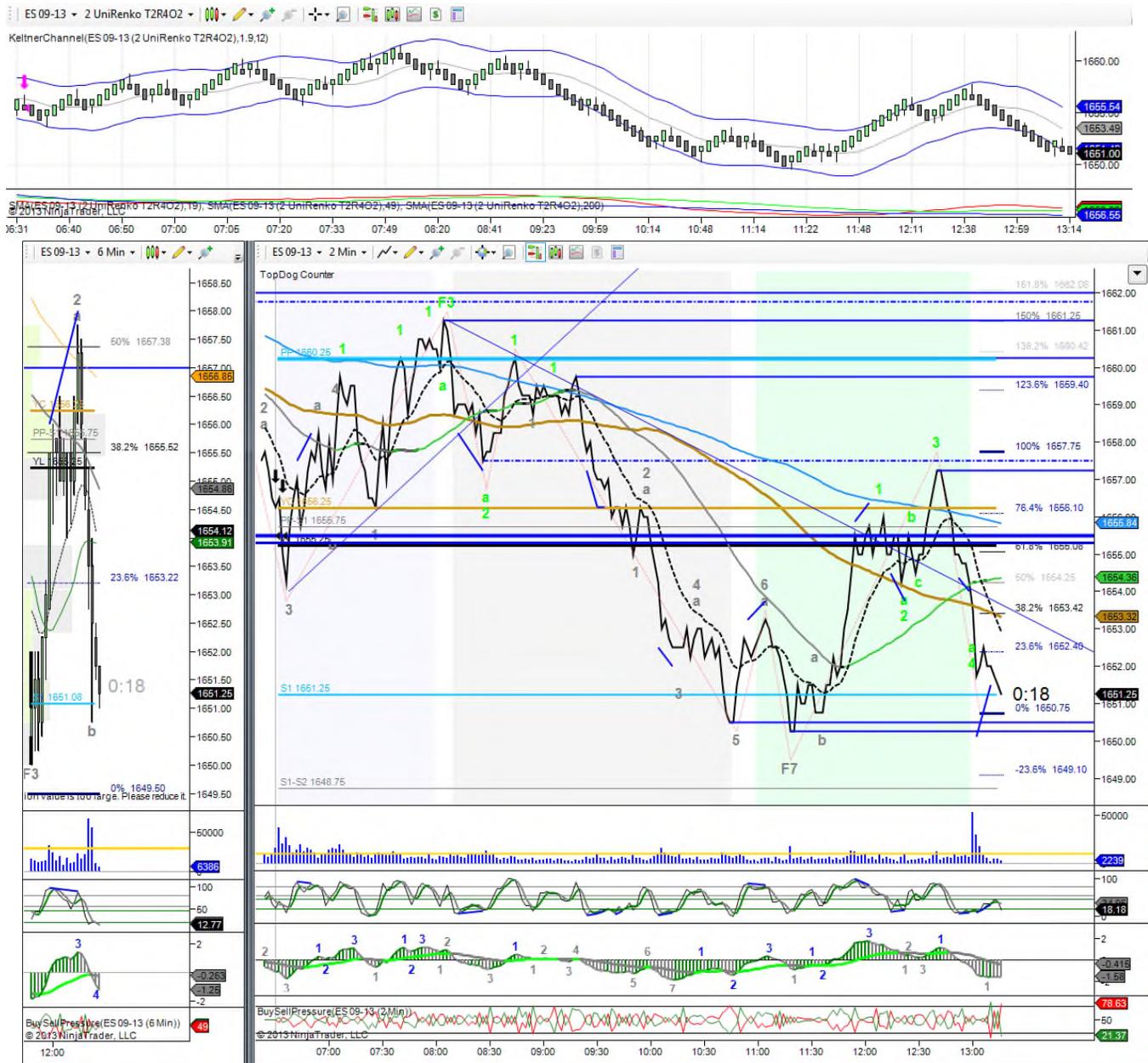
ES Opening		1657.25	DELTA
15 MIN Range = Hi			
Lo		1653.75	3.50
VAL High -		1662.75	
POC -		1658.75	
VAL Low -		1657.25	5.50
missed nums. Also * in column for times I missed volume.			
ES	Volume	Change	
OPEN	275		
10	509	234	
11	756	247	
12	946	190	
1	1076	130	
2	1265	189	
3	1453	188	
Cash CLOSE	* 1657	204	
PIT CLOSE	1726	69	

SP_Pit		1655.50	DELTA
Opening Range =			
Sp Pit		1655.30	0.20
SP_Pit		1661.00	
Day High -			
Day Low -		1650.00	11.00
Closing Range		1651.20	
High -			
Low -		1651.00	0.20
Settle -		1651.10	
Net Change -		-4.60	

What a day. SIM trade close of FIVE losing contracts at the start of the day. Thought that they would be automatically closed on open, NOPE. Guess the Profit Loss was in yesterday's totals because they aren't showing here.

Just something about the end of summer. Not taking a real break. Kid issues... Other issues... Wow MOTIVATION TO DO ANYTHING just not there, so I

kept reading and working on other issues today.



What I did well today: - I suited up.

- I kept track of trends if any
- I did not impulsively trade today.

What could I have done better:

- Stay with the trade in morning.
- Trade the TREND more and stop keying on COUNTER TREND.

What will I do tomorrow to make things better:

- I'll get good nights sleep Sunday, relax as well as study up over the weekend.